




Spring 2013 Program Schedule 862-8445	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
<p>Coleman Park 384 Thompson Lane Nashville, TN 37211</p> <p><u>Facility Coordinator*</u> Stevon Neloms</p> <p><u>Aquatics Coordinator*</u> Jon Dodson</p> <p><u>Recreation Leaders & Lifeguards (*)</u> Cami Lusk William Graham* Angela Booker Michael Gooch Sr. Raymon Tonkin* Waldrian Coleman* Cassie Deas Leslie Martinez- Garcia Dennis Morrow*</p> <p><u>Fitness Instructors</u> Coleman Staff LifeFitness Academy B.Fab. Fitness Allen Walker Amy Willoughby Carla Hart</p> <p><u>Front Desk Leader</u> Pamela Caban</p> <p><u>Activity Codes:</u> Fitness Classes Aquatics Gymnasium Youth/Senior Programs *Paid Classes</p>	<p>6:00am-2:00pm Adult Open Gym</p> <p>8:00am-2:00pm Metro Parks Disabilities Program</p> <p>6:30am-7:15am Water Wake-up</p> <p>7:30-8:15pm Beginners Yoga*</p> <p>8:30am-9:15am Boot Camp*</p> <p>11:00am-12:00pm Indoor Soccer (Futsal)</p> <p>10:00-11:00am Senior Swim</p> <p>11:00am-12:00pm Lap Swim/Water walking</p> <p>12:00pm-1:00pm Open Swim</p> <p>3:00-6:00pm After-School Zone (Ages 6-14)</p> <p>5:30pm-6:15pm Boot Camp*</p> <p>6:15pm-7:00pm Aerobic Kickboxing*</p> <p>7:00pm-8:00pm B.Fab.Funk*</p> <p><u>Facility Rental Rates</u> <u>All Rates are per hour</u> Small Meeting Room - \$35.00 Large Meeting Room - \$50.00 Dance Studio - \$50.00 Pool - \$50.00 Gym/Game Room - \$75.00 Facility - \$100.00</p>	<p>7:00am-2:00pm Adult Open Gym</p> <p>6:00am-6:45am Boot Camp*</p> <p>6:00am-7:00am Morning Yoga</p> <p>10:00am-11:00am Senior Water Aerobics</p> <p>12:00pm-1:00pm Lap Swim/Water Walking</p> <p>1:00-5:00 Open Swim</p> <p>3:00-6:00pm After-School Zone (Ages 6-14)</p> <p>5:15pm-6:00pm Swim Lessons*</p> <p>6:00pm-7:00pm Water Aerobics*</p> <p>6:00-8:00pm Latin Dance (Beg-Adv)</p> <p>7:00pm-8:00pm B.Fab.Funk*</p>	<p>6:00am-11:00am Adult Open Gym</p> <p>8:00am-2:00pm Metro Parks Disabilities Program</p> <p>8:30am-9:15am Boot Camp*</p> <p>9:30-10:15am F.I.R.E.</p> <p>11:00am-12:00pm Indoor Soccer (Futsal)</p> <p>10:00-11:00am Senior Swim</p> <p>11:00am-12:00pm Lap Swim/Water walking</p> <p>12:00pm-1:00pm Open Swim</p> <p>3:00-6:00pm After-School Zone (Ages 6-14)</p> <p>5:30pm-6:15pm Boot Camp*</p> <p>6:15pm-7:00pm Aerobic Kickboxing*</p>	<p>6:00am-8:00am Adult Open Gym</p> <p>6:00am-6:45am Boot Camp*</p> <p>6:30am-7:15am Water Wake-up</p> <p>10:00am-11:00am Senior Water Aerobics</p> <p>12:00pm-1:00pm Lap Swim/Water Walking</p> <p>1:00-5:00 Open Swim</p> <p>3:00-6:00pm After-School Zone (Ages 6-14)</p> <p>5:15pm-6:00pm Swim Lessons*</p> <p>6:00pm-7:00pm Water Aerobics*</p> <p>7:00pm-8:00pm B.Fab.Funk*</p>	<p>6:00am-8:00am Adult Open Gym</p> <p>6:00am-7:00am Morning Yoga</p> <p>8:30am-9:15am Boot Camp*</p> <p>9:30-10:15pm Advanced Yoga*</p> <p>10:00-11:00am Senior Water Aerobics</p> <p>11:00am-12:00pm Lap Swim/Water walking</p> <p>12:00pm-1:00pm Open Swim</p> <p>10:00am-12:00pm Hispanic Seniors Program</p> <p>3:00-6:00pm After-School Zone (Ages 6-14)</p> <p>5:30pm-6:15pm Boot Camp*</p> <p>6:15pm-7:15pm Chicago Steppin in the Ville</p> <p>    </p>	<p>8:00-10:00am Family Gym Time</p> <p>8:00-9:00am Water walking/lap swim</p> <p>9:15am-10:15am Boot Camp*</p> <p>10:15am-11:30am Cha Cha Dance</p> <p>9:00am-10:00am Water Aerobics*</p> <p>10:00am-11:30am Open Swim</p> <p><u>Pool Reservations</u> Pool - \$30.00 Lifeguard - \$20.00 Total per hour - \$50.00</p> <p><u>Fitness Center Rates</u> Adult Daily - \$3.00 Adult Monthly - \$30.00 Adult 10 Visit \$20.00 Senior Daily - \$1.50 Senior Monthly - \$20.00 Senior 10 Visit - \$10-00 Youth Daily - \$1.50 Youth Monthly - \$20.00 Youth 10 Visit - \$10.00 Yearly Membership \$250.00 Fit Card - \$27.00 B.fab.Fitness (Zumba)- 10 visit pass- \$30.00</p> <p>Metro Parks does not discriminate on the basis of age, race, sex, color, national origin, religion, disability in admission to, access to, or operations of its programs, services, or activities.</p>

Coleman Park Regional Center Class Descriptions and Fees

Aqua:

Senior Water Exercise- a low impact class that focuses on cardio trainings. **Ages 55 & up. Free Tuesdays, Thursdays, & Fridays. Instructor- Coleman Staff**

Water Aerobics- a high impact water exercise class that focuses on toning and cardio. **\$3.00 Tuesday, Thursday, and Saturday. Instructor- Coleman Staff**

Water Wake-up- a full body workout designed to promote muscular strength and development by using the natural resistance of water. **\$3.00 every Monday and Thursday. Instructor- Coleman Staff**

Dance:

B.Fab.Funk - cardio dance class with FUNK, so fun you don't notice you're sweating your tail off! Come Join the Party! **\$3.00 Mondays, Tuesdays, Thursdays. Instructors- B.Fab. Fitness.**

Latin & Cha Cha Dance- Individuals and couples are welcome to enjoy! Beginners class is 6:00-7:00pm; Intermediate/Advance is 7:00pm-8:00pm. Saturdays from 10:15-11:30am. **This class is FREE!!!! Instructor- Amy and Julian Willoughby**

Chicago Steppin in the Ville- Steppin is a derivative of several African American dance forms, The Ring-Shout, The Cakewalk, The Jitterbug, The Swing, The Offtime, The Bop, and The New Bop in particular.

A dance consisting of two or more people dancing as partners in synchronization to a 6 or 8 count beat to musical sounds of Jazz, Soul, Funk, R&B, Neo Soul, or Rap music.

Class is FREE every Friday night from 6:15pm-7:15pm!! Instructor-Carla Hart

Cardio:

Aerobic Kickboxing- Aerobic Kickboxing is an aerobic and muscular endurance based workout combining boxing and martial arts kicking. Focus is also given to flexibility and core training. All levels of fitness are welcome but this class is geared toward the intermediate-advanced level for the ultimate high intense workout! **This class is \$3.00 on Mondays and Wednesdays. Instructor Allen Walker.**

Boot Camp- Boot camp fitness classes are a new way to get your strength training workouts in while getting a great cardio workout as well. **This class is M-Sat. \$3.00! These classes are subject to be outside, gym, or walking track.**

Instructors- LifeFitness Academy

F.I.R.E - FIRE stands for (F)-Flexion, (I)- Isometric, (R)- Resistance, (E)- Extension. **Instructor- Coleman Staff. \$3.00 every Wednesday at 9:30am!**

Yoga:

Morning Yoga- beginning and intermediate yoga, focusing on breathing and concentration! **This class is free every Tuesday and Friday at 6am. Instructor- John Wolfe and volunteers**

Beginners Yoga- Yoga class for starters taught by Coleman Staff. **\$3.00 every Monday.**

Advanced Yoga- Yoga class for advanced students taught by Coleman Staff. **\$3.00 every Friday.**

Fit Card: The Fit Card is good for 10 passes into any of our paid classes except B.Fab.Funk, Latin Dance, Cha Cha Dance, and Chicago Steppin in the Ville.

B.Fab. Fitness (Zumba) Punch Card: This card is for 10 visits to our popular B.Fab. Fitness Zumba Class.

THE POOL

Children ages 3 and under must wear a Metro Health Dept. approved diaper

Children under 4 feet tall must be accompanied by an adult

Only people age 18 and older are considered adults

SWIM LESSONS

Session 1

Registration starts: June 3rd-11th

Classes starts: June 11th and ends July 11th

Session 2

Registration starts: July 14th and ends July 19th

Class starts: July 23rd and Ends: August 22nd

Classes will not meet when Metro Schools are closed because of inclement weather

Please contact the front desk to registration for swim lessons

The swim lesson program cost \$50.00 per session

Children must be 6 years old and/or 4 feet tall

NOTE: If the child does not meet the requirements then the instructor has the discretion not to allow the child to participate in the learn to swim class

A refund will be done if this matter does occur

THE FACILITY

Rentals are done anytime based on availability and capacity

Gymnasium w/Game Room, Pool, and Facility are rented after hours only (Fitness Center can not be rented)

Large meeting room includes the kitchen

Fitness Center and track are open the entire time the building is open.

Please "Like" us on Facebook: Coleman Park Community Center